

1-82. (Cancelled)

83. (Currently amended) A method ~~as in Claim 82~~ of providing wellness-related services, including at least one of wellness, health, or fitness services through a publicly accessible distributed network to authorized users using authorized portals, comprising:

providing an online site that enables wellness-related databases to be accessed from at least one of a sponsored and a non-sponsored portal;

placing in communication at least one of a sponsored and non-sponsored portal to the online site through the publicly accessible distributed network wherein the publicly accessible distributed network includes the Internet, wherein the sponsored portal is at least in part sponsored by and located at, a fitness center, and wherein at least one of the non-sponsored portals accesses the on-line site through the Internet;

receiving a request at the online site requesting access to the wellness-related databases;

processing the request at the online site to determine whether the portal was sponsored and whether the request was received from an authorized user;
responding to the request based in part on whether the portal was sponsored and whether the user is authorized;

wherein the method further comprises obtaining fitness-related data from the user through the sponsored portal at the fitness center, entering the fitness data for the user into the database, and providing access to the user to the fitness data through the non-sponsored portal through the Internet;

further comprising automatically assigning the user to a control group based on user attributes.

84. (Previously presented) A method as in Claim 83, further comprising providing fitness advice and goals to the control group, wherein the advice and goals are at least in part a result of the group result data.

85. (Cancelled)

86. (Previously presented) A method of providing wellness-related services, including at least one of wellness, health, or fitness services to an authorized user through a distributed communications network, comprising:

identifying a portal with a portal identifier;

storing the portal identifier associated with the portal in a database;

receiving a request from the portal by an online wellness-related site;

processing the request at a controller to determine whether the request was from the portal;

assigning an access code to the user, the access code defining a level of wellness related services available to the user;

providing the services to the user through the distributed network that corresponds to the user's access code;

providing at least one control group, wherein each control group includes at least one authorized user; and

assigning the user to one of the control groups, wherein the assigning is done automatically based on user attributes.

87. (Previously presented) A method as in Claim 86, wherein the services providing step comprises providing information or goods to the user based on the control group to which the user has been assigned.

88. (Previously presented) A method as in Claim 86, further comprising the step of creating practical workout guidelines and workout advice for the control group, wherein the services providing step comprises providing a user improvement plan for the user, and the user improvement plan is selected to be related to the practical guidelines and advice for the control group.

89. (Previously presented) A method as in Claim 88, wherein the user improvement plan is at least in part based on the collective workout related attributes of the control group.

90. (Previously presented) A method as in Claim 86, wherein each control group includes group result data, the method further comprising the steps of:

providing the result data to the portal;

storing the result data to the group result data for the authorized user's control group; and

adjusting the user improvement plan for each user in the authorized user's control group based on the stored group result data.

91. (Previously presented) A method as in Claim 88, further comprising

the step of providing an alarm signal to a system administrator if the user improvement plan for the users in the control group needs to be adjusted.

92. (Previously presented) The method as in Claim 88, further comprising:

storing result data for the authorized user; and

assigning the user to a new control group based on the stored result data for the user.

93-94. (Cancelled)

95. (Previously presented) A method as in Claim 83, further comprising the step of creating practical guidelines and advice for the control group, and wherein the services providing step comprises providing a user improvement plan for the user, the user improvement plan is selected to be similar to the practical guidelines and advice for the control group.

96. (Previously presented) A method as in Claim 95, wherein each control group includes group result data, the method further comprising the step of:

providing result data to the portal;

storing the result data to the group result data for the authorized user's control group; and

adjusting the user improvement plan for each user in the authorized user's control group based on the stored group result data.

97. (Previously presented) A method as in Claim 95, further

comprising:

storing result data for the authorized user; and

assigning the user to a new control group based on the stored result data for the user.